

Abstract

A leg exerciser is provided allowing exercise while the user is seated or stationary. The leg exerciser includes a base member having at least one longitudinally extending track configured to accommodate a foot pad having a plurality of gliders and/or rollers coupled to the bottom of the foot pad and providing a sufficient coefficient of friction to allow the foot pad to smoothly slide within the track. Various alternative configurations provide foldable construction for ease of travel, mounting devices for securing the leg exerciser to a seat, non-removable foot pads and various configurations to provide for variations in travel and/or effort required for movement of the foot pad.